



Chicken Marsala

Italian Chicken Marsala is simple, flavorful and quick to prepare. Golden, pan-fried chicken breasts are smothered in a delicious pan sauce made with shallots, Marsala, dark chicken stock and a tiny bit of butter.



Before you start cooking, be sure to mince the shallots and measure out the Marsala, chicken stock and butter.

Preheat a pan over medium to medium-high heat. Once the pan is properly heated, add the oil. As soon as the oil shimmers and forms legs, add the chicken. Let the chicken cook until golden underneath, then flip it and continue to cook on the other side. Once the chicken has just cooked through, place onto a cooling rack, tent with foil, and let rest while you fry the second batch, if necessary. Add a touch more oil if the pan seems too dry. Once the second batch has cooked, transfer it to the cooling rack to let rest while you make the sauce.

To make the sauce, first make sure the sucs have not burned. Add a touch more oil if needed, followed by the shallots. Let the shallots cook until soft and translucent.

Next, deglaze the pan with the Marsala. Scrape the bottom to incorporate the sucs and let the wine reduce until almost all of the liquid has evaporated.

Next add the dark chicken stock. Bring it to a simmer and let it reduce by about half. Add any juices from the resting chicken and let reduce until you reach a sauce-like consistency.

To finish the sauce, swirl in the cold butter and taste for seasoning. Depending on the type of stock you have used, you may need to add a bit of salt and pepper.

Pour the sauce over the chicken and serve.

- 3-4 boneless, skinless chicken breasts
- salt (to taste)
- pepper (to taste)
- 2 Tbs. grapeseed oil (approx.)
- 3 Tbs. shallots
- 1/2 cup Marsala wine
- 1 cup Dark Chicken Stock or canned beef broth
- 2 Tbs. cold unsalted butter

Marsala Wine

Marsala wine, made from Sicilian grapes, is a famous Italian wine fortified with brandy to convert the sugar into a higher alcohol content. Rich and smoky in flavor, it's produced in secco (dry), semi-secco (semi-sweet) and dolce (sweet) styles. For Chicken Marsala, you can use any type of Marsala, depending upon whether you want the dish to be a little sweeter or more savory.

Because Marsala wine is fortified it can be kept indefinitely.

This dish can also be made with Madeira wine